

What is the impact of liquids vs. solid foods on energy intake and body weight? (DGAC 2010)

Conclusion

A limited body of evidence shows conflicting results about whether liquid and solid foods differ in their effects on energy intake and body weight, except that liquids in the form of soup may lead to decreased energy intake and body weight.

Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the impact of liquids versus solid foods on energy intake and body weight?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the impact of liquids vs. solid foods on energy intake and body weight?](#)